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SAM MENDES' BOND AMBITION {page 19}

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Monday, November 12, 2012

MILES DIXON/METRO

Picking up pieces, then saying farewell

Couple with 30 years of Staten Island history lost everything to Sandy's wrath, vows to leave Just when they were set to open an antique shop, flood struck Metro captured a day in their life through photos {page 02}

sports

Time to start worrying? Giants lose to Bengals

No touchdowns for Manning for third straight game {page 27}

Is Bieber single again? {page 16}

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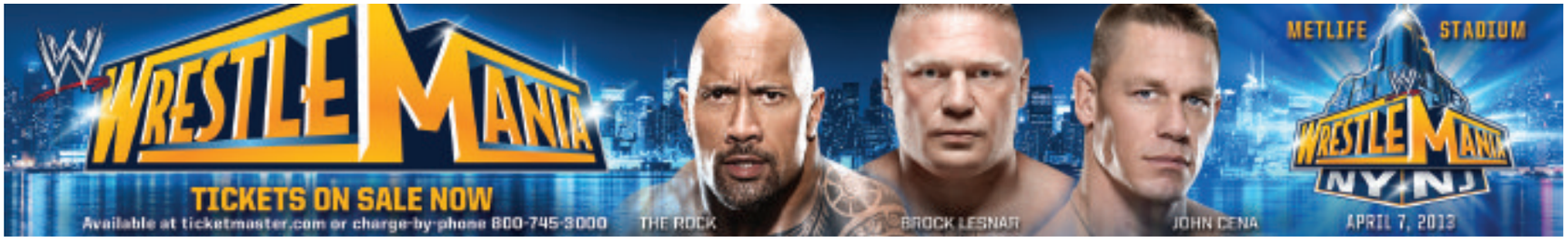


Moving on from Sandy's wake

Almost 30 years to the day after Audrey, 65, settled near the beach on Staten Island, Hurricane Sandy washed through her life — leaving many of her most prized possessions in ruin. She and her boyfriend, Reeves, 65 — who both asked us not to use their last names, due to concerns about crime — have been picking up the pieces.

As an artist, Audrey is always creating. She describes the property around her house as her "dreams," a fantasy world she invented to escape to when she needed to get away from the "business" of everyday life. "The hurricane destroyed my dreams," she said.

She found solace in the decorating, organizing and beautifying of everything; as a result of this, hardly anything in or around her home was leuntouched by her distinct style — that is, until now.

"I was prepared after Irene," Audrey stated. "I put all of the things I was storing up off the ground. … I had been ready for the water to reach a certain height. … I wasn't ready for it to reach the ceiling."

She had also planned to start a business. However, this idea was shoved aside in the wake of Sandy. The storm seemed to leave only one option: Pack up and go.

As Audrey tells us, "It's so devastating. … It's 30 years of my life, but I have to move on."

MILES DIXON

Quoted

"I was prepared after Irene. … I put all of the things I was storing up off the ground. … I had been ready for the water to reach a certain height. … I wasn't ready for it to reach the ceiling."

AUDREY

ALL PHOTOS: MILES DIXON/METRO

News in pictures

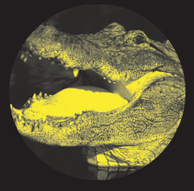
1: Audrey, a 30-year Staten Island resident, looks out from under another surviving umbrella at boyfriend Reeves and the wreckage.
2: Audrey and Reeves use a generator-powered hose to clean their belongings.
3: Reeves cleans out items from the first floor, which at one point was filled to the ceiling with water.
4: Audrey holds up her two favorite surviving umbrellas, the wrath of Sandy visible in the background.

In the news

43

Deaths blamed on Hurricane Sandy after Albert McSwain, 77, died yesterday. He was found paralyzed from the neck down on Oct. 31 at the bottom of the steps of his apartment building in the Rockaways. The building was dark and had lost power. METRO

In the news



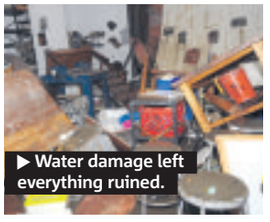
Hello, gators

An apparently healthy alligator was found in the window well of a home in Southampton, according to the Suffolk Times. The Suffolk County SPCA transported the reptile to the Star Foundation. This is the ninth alligator found in Long Island in recent weeks — six in October. It is illegal to keep alligators as pets, and anyone found releasing one could face a year in jail. The maximum fine for turning in an illegal reptile is $250. METRO

'Bucket Brigade' bails out community center

Around 400 volunteers came out for Tribeca's Downtown Community Center yesterday, which took in 20 feet of water from the surge that hit lower Manhattan during Hurricane Sandy.

Manhattan Youth offered a variety of after-school classes for kids from kindergarten through fifth grade in their community center two stories below ground.



▶ Water damage left everything ruined.

The entire area has been destroyed by water damage, according to ceramics teacher Isabel Halley.

Manhattan Youth spent the past two weeks stripping the sodden, moldy drywall from the walls, and yesterday welcomed a 400-person "Bucket Brigade."

"They took 2,000 buckets of debris out of there, which is pretty amazing," Halley said. "It wasn't pleasant, it was gross stuff, but people were really being amazing."

Now the staff is readying to tackle the boiler and the septic system in their still powerless, completely generator-run space.

They will also focus on fundraising. Halley says the rebuild will cost $2 million.

DANIELLE TCHOLAKIAN
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In the news

Cops ID suspect in Harlem stabbing

Police yesterday identified a suspect in the stabbing death of a Harlem woman and he is reportedly her mentally ill son.

David Elias, 31, was charged with the murder of his mother, Ruth Montano and the attempted murder of his brother early Saturday. Police found him several blocks from the scene of the two double stabbing, a department spokesman said.

Police allege Elias stabbed his mother to death and critically wounded his brother with multiple stabbings to the chest and head, before setting his mother's Central Harlem apartment on fire. METRO/DT

Power companies detail extent of cleanup

About 100,000 homes and businesses in New York City and Long Island were so damaged by Hurricane Sandy that restoring power to some of them may take months, New York Gov. Andrew Cuomo said.

About two-thirds are on Long Island's south shore, with 36,000 clustered in Staten Island and the Rockaways. In New Jersey, where some 240,000 homes and businesses remained without electricity yesterday, energy companies said they have replaced at least 2,500 poles, 1,000 transformers and cut down 41,000 trees to repair damage. BLOOMBERG

GETTY IMAGES

▶ Jose Rodriguez, left, is treated by New York University medical student Steffen Haider in a makeshift clinic operated by the medical relief organization "Doctors Without Borders."

Vets join in NYC's battle to clean up after Sandy

This weekend, around 60 veterans celebrated Veterans Day by being redeployed. This time, though, their mission was closer to home.

Team Rubicon, a nonprofit disaster response organization headquartered in Los Angeles founded and run by veterans, started mobilizing 24 hours before Hurricane Sandy hit N.Y., and has been in the Rockaways for the past two weeks, using their military skills to deal with the destruction left by the storm.

The group's 60 vets have organized close to 4,000 "civilian" volunteers this weekend alone, according to Team Rubicon official Joanne Dennis, an impromptu mission they took on when confronted with the hordes of volunteers showing up in the Rockaways itching to help but without any guiding organization.

"When you have all these people coming down just hoping to help out and it's not organized, it can turn into chaos," Dennis said. "So our veterans ended up organizing civilians."

The veterans deployed the civilians in 10-person teams led by veteran leaders, completing more than 300 work orders submitted by local residents.

Team Rubicon was founded by two veteran Marines in January 2010, after the earthquake that struck Haiti. The group plans to stay at least another week, depending on the work that's needed. Dennis is particularly concerned about the weather.

During last week's nor'easter, Team Rubicon spent the night out in the field doing search and rescue, and then went around doing wellness checks throughout the following day.

"We'll continue here as long as the high volume of work and the enormity of the situation calls for help," Dennis said. "There's still no electricity in the entire area, so people are still in a pretty dire situation out here."

One vet's cleanup efforts

Lucas Scimia, a 25-year-old Iraq veteran from White Plains, who was in the Rockaways with Team Rubicon last week, mucking out basements, demolishing walls and dealing with the buildup of debris in flooded houses.

"Everyone was super productive, highly motivated," Scimia said of the experience of working with fellow veterans.

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■ **Bell Blood Pressure Formulation helped me feel great.** Thank you for this wonderful product. *William Oliver, Portsmouth, VA* ■ **I have been taking Bell #26 now for one year.** My mom and brother started taking it as well. Even my pastor is on it now. Thanks! *Mary Earl, Longview, TX* ■ **I started to take Bell Blood Pressure Formulation Formulation #26.** After about 30 days my blood pressure was normal. My doctor was very happy with me. Irene Surridge, 67, Owen Sound, ON ■ **A friend recommended Bell BP Formulation!** When a friend had good results I decided to try it. After taking Bell Blood Pressure Formulation #26. It made a difference in my life. *Milton Perdomo, 68, Rego Park, NY.* **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**

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SNORING?

#23

As recommended by Dr. Gifford-Jones M. D.

Here is proof that snoring can be corrupting your health and your marriage. Three out of 10 couples are considering divorce because of snoring says a major magazine article. You are not alone! An official survey says 48% of all people snore. 75% are affected, if you add non-snoring husbands that have snoring wives or vice versa. Snoring is caused by slack muscles in the throat. A common complaint is that people feel that they are not well rested in the morning. Many people wrote they are now sleeping like a babies. Their partners are delighted. This natural health product Sound Sleep #23 usually helps the first night. No side effects.

■ **College professor had lack of good sleeps with many interruptions** for last 8 years that made her tired during the day. Within 3 days taking Bell Sound Sleep #23 the terrible snoring stopped. I wake up feeling refreshed and energized. I can concentrate in a focused, happy manner. I feel delighted with this natural product. *Dr. Anele E. Heiges, 77, New York, NY* ■ **A life changing product.** The very first night I took the capsules and every night after I had a restful and wonderful sleep. It has been a God send and blessing. I am by nature a skeptic. The money-back guarantee convinced me to try it. *Jimmy Pay, 53, Gardendale, AC* ■ **3 Years on Bell Sound Sleep** #23. My wife and I are entirely satisfied. Snoring episodes have completely disappeared. This has improved our lives enormously. *Leo Fortin, 60, St-Georges, QC* ■ **Basically you saved my husband's life.** For the last 5 years my husband had very bad nights. Bell #23 was nothing short of a miracle. I have my husband back. No more snoring. No more napping during the day. I am telling all our friends. *Bonnie Johnson, 64, Wichita, KS* ■ **My life changed. Sleep now 7-8 hours.** I am a retired college professor and author of books. I have no more need to nap during the day. Nothing I tried helped until I started Bell Sound Sleep. I am so delighted with this product I would like to make motivational speeches to help others. *Carmen V. Caruso, 66, Ann Arbor, MI* **On the Bell Website we list phone numbers or email addresses of actual users of this product and all other Bell products. Most are delighted to talk about their relief.**

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Bizarre park finds fuel superstitions

VICTOR M. MATOS

▶ A Santeria priestess performs a ritual.

▶ Animal parts often labeled ritual leftovers ▶ NYC's Santeria believers say sacrifices discreet ▶ Afro-Caribbean religion often written off as 'voodoo'

Those who practice Santeria in New York City quietly fly below the radar, conducting their religious beliefs in peace behind closed doors — that is, until the occasional gruesome discovery of a slain animal in a park.

When a pair of animal paws, likely severed from some kind of canine, were found in Central Park last month, speculation immediately swirled that the discovery was part of some kind of ritualistic ceremony of the Afro-Caribbean religion.

"We've found goats and chickens that have been slaughtered. There are usually candles around it," park advocate Geoffrey Croft said. "We found a bunch of chickens with heads chopped off within the last six months."

While animal sacrifices, usually chickens or goats, can be commonplace in Santeria, some in the community say the religion is unfairly stereotyped as "voodoo" and often blamed for random acts of animal cruelty.

Sandra Fachini, a Santeria priestess who owns the St. Lazarus Botanica in the Bronx, said it would go against the guidelines of the religion to leave the remains of an animal sacrifice in such a public place.

"This would be an abuse of the religion to do that," Fachini said. "I don't know someone spiritual who would do that in Central Park in a tourist area with kids around. Maybe somebody playing games."

While Fachini insisted that the religion is rarely used for anything but positive influences, one customer in her store Santeria can be used "to do bad things" to other people, an aspect that largely contributes to the "voodoo" superstitions surrounding the community.

"I think when you do bad things to other people, bad things come back to you," Jacqueline, who didn't want to give her last name, said. "In my situation, I don't do bad things to anybody. I just am looking out for my kid, my family, my house and myself."

Fachini, though, insisted the religion isn't used for anything but positive influences.

CASSANDRA GARRISON
cassandra.garrison@metro.us

Remains found

- Geoffrey Croft said animal remains have been found in parks in Queens and Upper Manhattan, in particular Pelham Bay Park and University Heights Park.

Practice Santeria?

Santeria is a hybrid religion that was first practiced by West Africans who were enslaved in Cuba and forced to practice Roman Catholicism. In order to preserve their native beliefs, slaves would still worship their own deities, or "orishas," in the form of Catholic saints, essentially tricking slave owners into thinking they were practicing Catholicism.

Today, saints and other Catholic symbols are still a fixture in Santeria. Those who believe do not attend a weekly church, but instead meet for rituals and cleansing inside homes or botanical shops.

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NYT urged to fire new CEO amid BBC scandal

GETTY IMAGES

▶ The New York Times' new CEO Mark Thompson is due to start work this morning.

A leading U.S. media analyst last night called for Mark Thompson to step aside as new CEO of The New York Times Co., as a fresh scandal engulfed Thompson's former organization, the BBC.

Thompson is due to take up his new role today, but last night Ken Doctor wrote a blog yesterday saying the fallout from the BBC scandal, which worsened over the weekend, "makes it impossible to give Thompson the key to his new office."

Thompson's replacement as director general of the BBC, the world's leading media organization, George Entwistle, was forced to quit over a wildly inaccurate current affairs program that accused a leading politician of being a pedophile.

The BBC, which faces a huge libel payout and near-fatal damage to its credibility, was already under fire because it employed a music presenter, Jimy Savile, for 40 years. He has proven to be one of Britain's worst serial sex offenders, with many of his alleged crimes carried out on BBC premises. Thompson was in charge during part of Savile's time with the BBC.

Yesterday Chris Patten, chairman of the BBC's governing body aid confidence, had to be restored if the publicly funded corporation, one of the biggest media empires in the world, was to withstand pressure from rivals who would try to take advantage of the turmoil.

Ken Doctor added, "For the [New York] Tumes, though, it's not a foreign scandal. It's a scandal, like Superstorm Sandy, that will arrive on its doorstep on Monday morning."

He warned that attention would inevitably focus on Thompson's role with the BBC as a number of British inquires into the organization failings unfolded. That risked dragging The New York Times into the "mess."

"The inevitable public questioning of his role — in Parliament and beyond — makes it impossible for him to proceed with his new post," he added.

The BBC, celebrating its 90th anniversary, is respected around much of the world.

But with 22,000 staff, critics say it is hampered by an overly bureaucratic management structure. **REUTERS/METRO**

Quoted

"The basis for the BBC's position in this country is the trust that people have in it," Patten said. "If the BBC loses that, it's over."

On-air allegations

BBC's "Newsnight" current affairs program broadcast on Nov. 2 alleged a senior minister in the 1980s government of Margaret Thatcher was a pedophile.

▶ The program did not name names, but the Twittersphere quickly — and wrongly — identified the politician as Lord McAlpine, treasurer of Thatcher's Conservative Party in the 1980s and 1990s.

▶ The "Newsnight" program was based on testimony from an alleged victim of child abuse who said McAlpine had indecently assaulted him.

▶ After the broadcast, the alleged victim said he had mistakenly identified McAlpine. He issued a grovelling apology. The BBC was forced to admit it did not carry out basic journalistic checks in the story, such as confirming with the alleged victim that McAlpine was indeed his abuser.

GETTY IMAGES

▶ It also failed to bring accusations to McAlpine before the broadcast. McAlpine was quickly able to establish a cast-iron alibi.

▶ McAlpine will sue for libel and will win. Lawyers say damages could be between $1.5 million and $2 million.

▶ Damages could be aggravated by the gross negligence of the BBC in not carrying out the most basic of checks.

▶ The BBC, often accused of supporting center-left parties, could face further charges of malice because its innocent victim was a center-right Conservative. **METRO**

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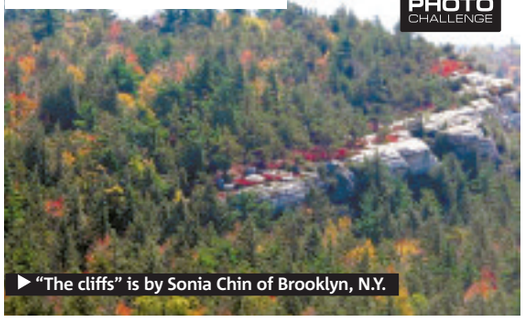

"The cliffs" is by Sonia Chin of Brooklyn, N.Y.

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Petraeus could be called in inquiry into Benghazi

Despite an adultery scandal that ended David Petraeus' tenure as CIA chief, the general may be called to testify in a Senate inquiry into the killing of four Americans at the U.S. consulate in Benghazi, Libya, Senator Dianne Feinstein said yesterday.

Feinstein, the chairwoman of the Senate Intelligence Committee, said on the "Fox News Sunday" program that Petraeus' resignation on Friday "was like a lightning bolt."

She said there will be an investigation into why the FBI failed to inform her and others on the intelligence committee before Friday about the extramarital affair between Petraeus and his biographer, Paula Broadwell, when the FBI probe had been proceeding for weeks.

The California Democrat said there was no connection between Petraeus' resignation and the Sept. 11, 2012, killings in Benghazi. Petraeus had been scheduled to testify about the Benghazi case on Thursday in a closed session of the committee; Mike Morrell, the acting CIA director, is now expected to do so.

She said the committee may decide to call Petraeus in a future meeting of the intelligence panel on the Benghazi killings. **REUTERS**

GETTY IMAGES

Petraeus

GETTY IMAGES

A vehicle was smoldering in flames after being set on fire inside the U.S. consulate in Benghazi late on Sept. 11, 2012.

Quoted

"My biggest concern is [that] there are literally hundreds of threat warnings in the material that [have] accumulated."

SENATOR DIANNE FEINSTEIN OF CALIFORNIA

Why the delay?

Peter King, the Republican chairman of the House Homeland Security Committee, raised questions about why it took FBI investigators so long to inform President Barack Obama and others in his administration that Petraeus was involved.

In the news

166,000 remain without power

About 166,000 homes and businesses in the eastern United States were still without power yesterday after being battered first by Hurricane Sandy in late October and then by last week's nor'easter, company and government data showed.

Sandy made landfall knocking out power to some 8.5 million customers in 21 states, according to federal data. A nor'easter then hit on Nov. 7, slowing utility companies' efforts. **REUTERS**

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Bring your items in for a FREE EVALUATION!

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All Time Periods, Kinds & Types

We will pay up to for the following:

Centerpieces	Up To $3,500
Claret Jugs	Up To $750
Full Flatware Set	Up To $8,500
Punch Bowls & Sets	Up To $5,000
Single Flatware Items	Up To $750
Tea Sets	Up To $5,000
Trophies	Up To $1,500

We Buy Any Type of Sterling Silver!

We purchase sterling silver of all types and makers. Rare and unusual items command the highest prices.

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Wanted Rare Dollars!

United States

1794 to 1803	1840 to 1873	1878 to 1904
1836 to 1839	Trade Dollars	1921 to 1935

Your Coins Could be Worth Up To Hundreds — Even Thousands!

Check your items to see if you own any of these valuable coins:

1798 15 Stars obverse	Up To ...$25,000
Gobrecht reeded edge dye alignment	Up To $5,500
1873CC Liberty Sealed	Up To $5,500
1878CC	Up To ...$15,500
1889CC	Up To ...$13,000
1928	Up To $5,500

FINE JEWELRY

All Kinds, Time Periods & Types

We will pay UP TO the following for rare & collectible jewelry:

Silver Jewelry	$750	Art Deco	$13,000
Brooches	$15,500	Cuff Links	$1,000
Pendants	$8,000	Pins	$5,500
Necklaces	$26,000	Rings	$16,000
Cocktails Rings	$15,500	Art Nouveau	$12,500
Charm Bracelets	$5,500	Lavalieres	$8,000
Earrings	$10,500	Garnets Jewelry	$1,000
Bracelets	$13,000	Bakelite Rings	$750
Cameos	$750	Floral Design	$10,500
Victorian	$10,500		

We need your jewelry items!

Bring in your unwanted jewelry in any condition for a free evaluation and a cash offer today!
We pay more for rare items.
Many more items not listed accepted!

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Wanted Rare Gold Coins!

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*$1.00	1849 to 1889	*$5.00	1795 to 1833	*$10.00	1795 to 1804
*$2.50	1796 to 1834	*$5.00	1834 to 1838	*$10.00	1839 to 1932
*$2.50	1840 to 1929	*$5.00	1839 to 1908	*$20.00	1850 to 1933
*$3.00	1854 to 1889	*$5.00	1908 to 1929		

Your Coins Could be Worth Up To Hundreds — Even Thousands!

Check your items to see if you own any of these valuable coins:

$1.00	1849C	Up To ... $10,500
$2.50	1796 Capped Bust large left side	Up To ... $18,000
$2.50	1841 Quarter Eagle Liberty Head	Up To $5,000
$3.00	1854D	Up To ... $10,500
$5.00	1838D	Up To ... $10,500
$5.00	1842C Small Date, 1861D, 1864S	Up To $6,500
$5.00	1909O, 1929	Up To $6,500
$10.00	1859O, 1863S, 1875	Up To $8,000
$20.00	1856O, 1854O, 1860O, 1861S, 1870CC, 1886, 1891	Up To ... $10,500

Satisfied Customer Testimonials

Really like it here! Everyone is very kind, great atmosphere. I have been back 4 times!
— C. Pace

I have been here 2 times and both times the people that work here were very friendly. I would definitely recommend this to my friends!
— J. Grace

It was really fast!
— A. Davis

I heard about this store from the radio and as soon as I got the chance I came to sell my unused jewelry. It was a great & friendly service and I will be back!
— J. Simek

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Mountings	Up To $750
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Dental Gold Items	Up To $500
Coins & Bullion	Bring for quote
Scrap Gold	Bring for quote

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All Kinds, Time Periods & Types

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Breitling	$15,000	Illinois	$1,500	Chronograph Watches	$16,500
Cartier	$12,500	Jules Jurgenson	$16,000	Ladies Watches	$11,000
Corum	$3,000	LeCourlte	$6,000		
Ditishiem	$14,000	Longines	$13,000		
Dudley	$11,500	Movado	$2,500		
E. Howard & Co	$12,000	Omega	$2,500		
Elgin	$750	Rolex	$16,000		
Frodsham	$12,000	Seth Thomas	$1,500		
Gallet	$1,250	Tiffany & Co	$15,000		

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Rolex - All Kinds
Up To $16,000

Tiffany & Co.
Up To $15,000

Cartier
Up To $12,500

Longines
Up To $13,000

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A Note Regarding the Up To Prices listed in this Ad

The condition and rarity of an item determines its price. If an item is in excellent condition and very rare it might be worth the up to price, or even more. However, if an item is in poor condition, the value will be lower. For example, a 1927 S Quarter could be worth $7,000 in new condition or less than $20 in poor condition. The up to price reflects items of exceptional quality and rarity. Although it is unlikely you will have these items due to their extreme rarity, feel free to bring whatever items you may have and we will evaluate them free of charge.

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Don't let your cat scratch this furniture!

▶ A replica of a "hobbit hole" made from 2,600 balloons. Jeremy Telford, 34, spent 40 hours over three days inflating the balloons using a hand pump.

Tolkein passion

▶ **The artist explains his passion for fantasy from early age.** "I have been a Tolkien fan ever since reading 'The Hobbit' in junior high school. It opened a whole new genre of books to me, and fantasy quickly became my favorite. I've been wanting to build something from 'The Hobbit' for a while now. My wife and I sat down and picked out a few days to set aside for the build. We figured out how to get most of the furniture out of our living room and planned out how to build around the rest."

▶ **He's inspired by old-timey furnishings.** "I spent a few hours Googling 18th-century English furniture to try to get a style to work from. From there I designed the layout and estimated the number of balloons it would take to make the sculpture."

▶ **How did he capture the moment?** "When the day came, we set up the camera to take pictures every 18 seconds for a time-lapse video. My three children, aged 7, 5 and 2, helped. The older kids soon learned to wait for the click of the camera before moving through the living room to get to the kitchen. The youngest child didn't understand and instead 'helped' me throughout the build. It took three days to build the sculpture. A couple of days were 15 hours long. The sculpture stayed up for three days after being completed. Then we let the kids demolish it for another two."

Balloon artist's viewpoint

"The worst part of it was that my fingers were so sore after tying so many balloons. It sounds pitiful, but it's very true!"

Jeremy Telford told Metro the second problem he had was finding a place in his living room to store his real furniture temporarily.

40
Hours in total needed to build the replica of hobbit Bilbo Baggins' home Bag End

News in brief

Middle East nuke talks doubtful, even with Iran

Plans for an international conference in December to discuss banning weapons of mass destruction in the Middle East are in doubt, even though Iran has said it would attend, Western diplomats say.

Any decision to postpone or cancel next month's proposed talks in Helsinki would probably anger Arab states, which have pushed for them to be held.

But it may be a relief for Israel, which is assumed to be the Middle East's only nuclear-armed state and has yet to say whether it will go to the Finnish capital. The Jewish state and its ally the United States fear a meeting would descend into a forum for bashing Israel.

Iran and Arab states often say Israel's presumed nuclear arsenal poses a threat to peace and security. **REUTERS**

▶ Iranian sentiments against Israel are high.

ATTA KENARE/AFP/GETTY IMAGES

Israel fires warning missile into Syria

Israel fired a guided missile into Syria yesterday in a potent "warning shot" after mortar fire from fighting between Syrian troops and rebels hit the Israeli-occupied Golan Heights for the second time in four days.

Israel Radio said it was the first direct engagement of the Syrian military on the Golan since the countries' 1973 war. It highlighted international fears that Syria's civil war could ignite wider regional conflict.

An Israeli military source said troops fired a Tammuz missile toward a Syrian army mortar crew that had launched a shell that overshot the Golan disengagement fence yesterday, exploding near a Jewish settlement without causing casualties. **REUTERS**

Suspect might have had help in Afghan killings

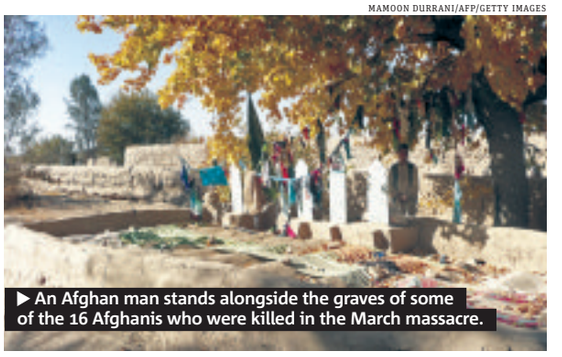
The wife of an Afghan villager killed in a rampage blamed on a decorated U.S. officer told an Army investigator that more than one soldier was present when her husband was shot dead, the investigator testified.

The wife's account, relayed by Army criminal investigator Leona Mansapit, appeared to cast doubt on the government's case that Army Staff Sgt. Robert Bales alone was responsible for the deaths, although survivors have so far testified to seeing only a single soldier.

Mansapit said that the wife of Mohamed Dawood, who was killed in the village of Najiban, recalled a gunman entering the couple's room shouting about the Taliban, while another man, a U.S. soldier, stood at the door.

The wife said one of the men pulled her husband out of the door, while the other stopped her from following. **REUTERS**

MAMOON DURRANI/AFP/GETTY IMAGES


▶ An Afghan man stands alongside the graves of some of the 16 Afghanis who were killed in the March massacre.

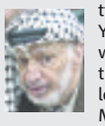
The suspect

Military prosecutors are seeking the death penalty for Army Staff Sgt. Robert Bales, accusing him of killing 16 villagers, mostly women and children, when he ventured out of his remote camp on two revenge-fueled forays over a five-hour period in March.

The U.S. government, which has been laying out its case against Bales in a pre-trial hearing aimed at deciding whether he can be sent for court martial, says a coherent and lucid Bales acted alone and with "chilling premeditation."

In the news

Russia to probe Arafat death



Russia will join an international investigation to determine whether the first Palestinian president, Yasser Arafat, was murdered, the current leader Mahmoud Abbas said. French and Swiss experts are due to exhume Arafat's body in Ramallah later this month in an attempt to discover how he died after an Al Jazeera documentary in July suggested he was killed by a rare radioactive poison.

"There's full cooperation these days between us and the French investigators and Swiss experts, and also from the Russian government," Abbas told a rain-drenched ceremony on the eighth anniversary of the death in France of the former guerrilla who led Palestinians' campaign to create a state through war and peace. **REUTERS**

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Florida called to be blue

Final count shows Obama won by 74,000 votes

With almost all ballots in Florida counted, U.S. media on Saturday projected President Barack Obama the winner in that state four days after he won Tuesday's national election.

Florida brings his total of electoral votes to 332 versus 206 for Republican challenger Mitt Romney.

Florida was the last state where the outcome was in doubt because three counties were still counting ballots.

Obama had 50.01 percent of the vote in Florida compared with 49.13 percent for Romney, with nearly all ballots counted, according to figures from the Florida Secretary of State's Office. The president's lead stood at nearly 74,000 votes. **REUTERS**

Momentum builds for immigration reform

Two U.S. senators launched a fresh move to put together a bipartisan immigration reform plan yesterday, restarting talks on a proposal that includes a path to citizenship for illegal immigrants already in the country.

Since President Barack Obama was reelected last week with overwhelming support from Hispanic voters, many Republicans have expressed a new willingness to work with Democrats to pass immigration reform after years of legislative inaction.

"And I think we have a darned good chance using this blueprint to get something done this year. The Republican Party has learned that being ... anti-immigrant doesn't work for them politically. And they know it," Schumer said. Obama in 2010 called the proposal a "promising framework," but it made no headway. **REUTERS**

BRUCE BENNETT/GETTY IMAGES

▶ Sen. Charles Schumer, shown, and Sen. Lindsey Graham have agreed to hold immigration reform talks.

"This is an odd formula for a party to adopt. [It's] the fastest-growing demographic in the country, and we're losing votes every election cycle. And it has to stop. It's one thing to shoot yourself in the foot. Just don't reload the gun." GRAHAM

12M There are an estimated 12 million illegal immigrants in the U.S., most of them Hispanics.

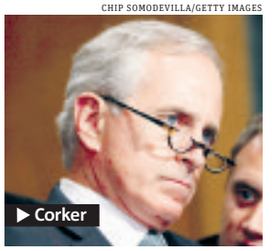
GOP: 'Fiscal cliff' deal can be made

A senior Republican senator voiced confidence yesterday that U.S. lawmakers would forge a deal on the year-end "fiscal cliff," while a top aide to President Barack Obama signaled a willingness to compromise over raising tax rates on the rich.

Republican Sen. Bob Corker said increasing tax revenues from wealthier Americans would have to be part of the plan, but he stressed closing loopholes rather than raising top tax rates as many Democrats favor, provided spending is also tackled.

Obama has invited congressional leaders to the White House on Friday to discuss the issue, with only 50 days left until the end of the year. Unless Congress acts first, $600 billion in tax hikes and automatic federal spending cuts would take effect at the end of December, with a potentially devastating impact on the economy.

CHIP SOMODEVILLA/GETTY IMAGES



▶ Corker

"I am optimistic. I think there is the basis for the deal. ... There is a way of getting there on the revenue side. The real question is: Can we come to terms on the entitlement side?"
CORKER TO "FOX NEWS SUNDAY"

Obama and congressional leaders are attempting to negotiate a deal to avoid the fiscal cliff, and instead work toward a deficit-reduction package in the next session of Congress, which begins in January. **REUTERS**

Opinion

JUSTIN DOWD

WINNER OF METRO'S RACE TO SPACE

www.metro.us/weirdscience

Log on

Justin has produced a chalkanimation video to accompany this column. View it at **www.metro.us/weirdscience**

THE TRUE STORY OF YOUR FUTURE

Do you know where you will be in three years? The material of living things, including you, originates from a surprising place. Everyone knows the food chain base is plant life on land, while ocean life originates from phytoplankton and algae.

These microscopic creatures use sunlight, like plants, to produce 66 percent of the oxygen in our atmosphere. Most of the oxygen in every breath you take, which then spreads through your bloodstream, was once in these tiny ocean creatures. The remaining oxygen is produced by plants on land.

Humans are physically made of what they consume. A 200-pound person, on average, is only 60 pounds of solids and 140 pounds water, about 70 percent. The base of our diet is plants on land or phytoplankton in seafood. All animals are made from reorganized atoms taken from consumed plants and algae.

Most people think trees grow using the materials in soil, but that's not true. A seed can grow in a bag with no dirt and a small amount of water. The material in plants and trees is 98 percent from elements in Earth's atmosphere and only 2 percent from soil.

Plants pull atoms from the air while humans eat to replace nearly all cell material. The longest to regenerate is the spinal cord taking around three years. Some cells never grow back, like many neurons in our brain, but the physical structure of the cell is replaced with fresh nutrients.

Three years from now, the only physical part of yourself to remain will be the tiny amount of heavy metal in your brain since birth, and possibly ink from a tattoo or surgical implants. If you are lucky enough to still be alive in a few years, the materials that will make up your body are now in the atmosphere all around the world, in seawater, in sunlight yet to be released from the sun, and in the water in clouds, rivers, lakes, and oceans of the planet Earth.

Plants will self-assemble out of thin air and dirt, be consumed by animals and eventually reorganize according to DNA, leading to you.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

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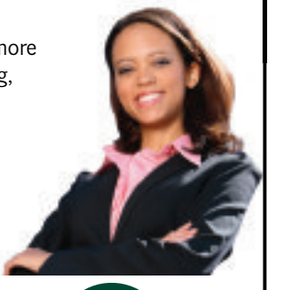

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6 Tips for going from student to employee

Starting on the right foot

Don't just aim for a passing grade. In the workplace, demonstrating good work habits and exceeding expectations will help you secure a job for the long term. Volunteer for projects and pitch ideas. Show your boss that you're more than just a young employee — you're a worthwhile hire.

DIGITAL VISION

▶ Dress for the job you want — or at least like you want a job.

Your first job out of school can be a rude awakening to this 'real world' you've been hearing so much about
It's time to log out of Facebook and suit up already

In school, you manage your own education — but when you become an employee, you are managed in a professional environment — one that's very different from the casual campus atmosphere. How you act on your first "real" job can define the rest of your career. Here are some tips to help ease the transition into the workforce:

Be on time

In college, you had it down to an art. You knew which classes you needed to show up to, which ones you could skip and which ones you could casually sneak into 15 minutes late without anyone noticing. While your timetable for school was theoretically open to interpretation, showing up late to work can lead to your boss showing you the door. Be on-time — and obviously, don't skip work.

Swap all-nighters for the 9-to-5

Procrastinating until the last minute and pulling super caffeinated all-nighters is not an option in the real world. In college, you were able to work around the clock — but in the office, you need to get things done in the course of an eight-hour workday. It's your responsibility to get your projects done — on deadline. Get past the days of two minutes of work followed by two hours of procrastination.

Speak like an adult with a business card

"College speak" is a common mistake for new employees in the workplace and a quick way to appear unprofessional. The people in your office are your colleagues, not your college dorm mates, so polish your communication skills for the workplace. Be careful what you say and how you say it.

Check your personal media at the door

You're not sure how it happens, but every time you open your Internet browser, somehow you end up on Facebook. We've all been there. Google chat, personal e-mails, Facebook, Twitter and text messages were great study distractions in class, but in the office, these tools are more taboo. If you have time to text friends seven times in one work day, try taking on more responsibility at work rather than chatting.

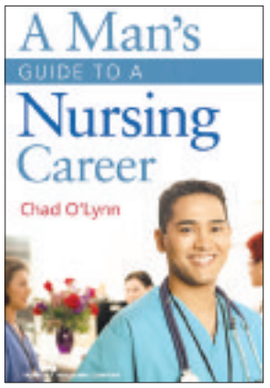
ISHANI NATH FOR TalentEgg

Talentegg.com is a job board and online career resource for college students and recent graduates.

Look the part

It's time to suit up. It may have been OK to show up to class in your "laundry day" outfit with a bad case of bed-head, but in the office, it's important to look professional — and that means going beyond the basics of human hygiene.

Once you're all prettied up, don't ruin it with ugly posture. Slouching down in your chair may have been fine in class, but at your work desk, try to heed your mother's advice and sit up straight.



Breaking gender stereotypes in the nursing field

In 2012, less than 8 percent of nurses are men It's an in-demand profession with second-career potential

Chad O'Lynn has taught nursing at Montana State University and the University of Portland. In 2006 he co-authored the first comprehensive academic book on men in nursing. But his latest, "A Man's Guide to a Nursing Career," is intended as a pragmatic introduction for men in the field or those considering it.

Is there still a big demand for nurses?

Yes. Even in a tight job market, we're facing a looming nursing shortage.

Q&A

Has there been a push by any major institutions to get more men in nursing?

The short answer is no. Men are not a minority group, so they can't be given preferential treatment in recruitment programs.

Can nursing be a good second career?

Definitely. In fact, there's research that suggests that men are more likely to come to nursing as a second career.

In the U.S., what percentage of nurses are men?

Depending on the source, it ranges from about 6.9 to 7.2 percent. It's one of the most gender-imbalanced fields in the health profession.

Has that number changed over the years?

In 1960 it was 1 percent. In the '90s it was around 5 percent. So, not much, comparatively.

Is there a perception that most men in nursing are gay?

That's an unfortunate, damaging stereotype. There's no evidence to suggest that. Sadly, being gay carries a stigma in our society, so men may reject the idea of a nursing career because of it. My sense is that that perception is less of a problem today than it used to be. In years gone by it was a huge problem, and it was well documented in the literature.

BRUCE WALSH
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Despite job opportunities, men remain rare in nursing.

myentertainment

THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

Gomez and Bieber: Tween love has died

ALL PHOTOS GETTY IMAGES

Although it comes as no surprise that two people under the age of 20 have broken up, it is my due diligence as your gossip columnist to tell you about the demise of the two-year relationship between **Selena Gomez**, 20, and **Justin Bieber**, 18. Here's what we know:

▶ **To hear sources tell it, it was Gomez who did the dumping, according to Us Weekly.** "Selena broke up with Justin about a week ago," a source says. "Selena definitely had some major trust issues with Justin."

▶ **Those trust issues might have something to do with Bieber recently spending a lot of time with 19-year-old Victoria's Secret model Barbara Palvin (pictured here looking like a candy cane hooker).** According to reports, Bieber took two women, one of whom was Palvin, to see "The Lion King" on Broadway after the Victoria's Secret fashion show last Wednesday. The twist of the knife came courtesy of a picture featuring Palvin posing with Bieber and rapper **Lil' Twist** that began circulating online. Gomez retweeted the photo to her own Twitter feed — her only comment on the pic being a set of ellipses — which caused a prepubescent online firestorm and prompted Palvin to tweet, "hey everyone. please calm down. he is all yours!! :) please :)"

▶ **Don't count the long-term (by teen/celebrity standards) lovebirds out just yet.** "They are [young]," the source says. "Right now it is a break — and tomorrow it could be back on, knowing them."

And that's the update from the love lives of people born in the '90s. Let me take a second here to remind everyone that we're all adults. Reminder taken? Good. For the rest of you, go clean your room.

Twitter erupts over Bieber news

News of the demise of Justin Bieber's relationship with Selena Gomez hit the Twitter community hard. The Canadian pop star's fans rallied around their hero, of course, pushing the hashtag #StayStrongJustin to the top of the trending topics worldwide. Here, some of the strongest reactions from true Beliebers:

@DinosaurPeeJb
All Selena does is break hearts. Seriously, I want her to die, for how much pain she is putting Justin in. Smh

@BeliebCyrusSway
A F---ING hate Selena.... She's need to go f---ing die

@abbygreen9
Selena will die

@silent_hill911
Selena and Justin. B-tch, just die already.

@V4L3R33_
SELENA GOMEZ NEEDS TO DIE OMFG

@emmmz124
I'd actually die if Selena started dating any of 1D

@DJMalikHomies
If Selena goes out with one of the boys too keep her fame status I will kill her

The feed ...

▶ **Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.**

@justinbieber
focused on the positive. #30MillionBeliebers with me. Im never leaving u because u r always there 4 me. love u.

@ParisHilton
Skydiving was incredible! Such an amazing feeling! I loving being adventurous!

@Joan_Rivers
And here come the Beliebers! Not sure what is more fun...making a joke about Justin Bieber OR reading the hate tweets from the Beliebers.

Hot. Shot

MARK CUTHBERT/UK PRESS VIA GETTY IMAGES

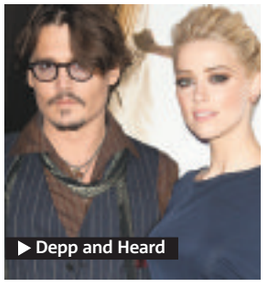
'Krowds' gather for Kardashians

The British teens that weren't mourning the breakup of Gomez and Bieber were at the Westfield mall in London to witness the launch the Kardashian Kollection for Dorothy Perkins on Saturday. The Daily Mail reports that many fans were almost crushed (krushed?) to death in the rush to get into the building to join in on a Kardashian meet and greet.

Talking points

Berry won't be moving to France

Halle Berry's plans to move to France with fiance **Olivier Martinez** are apparently being put on hold, as a judge has reportedly denied Berry's request for permission to relocate her 4-year-old daughter, **Nahla**, according to TMZ. Despite a contentious relationship with her ex-husband — and Nahla's father — **Gabriel Aubry**, Berry had argued that the move was for the girl's benefit because of the intrusiveness of the L.A. paparazzi, citing France's "appeal of privacy and a greater sense of safety," she recently told InStyle magazine.


▶ Depp and Heard

Are Depp and Heard back together?

While **Johnny Depp** and **Amber Heard** reportedly scuttled their summer romance because there was too much "drama" surrounding the relationship, sources say the two are back together after an impressive campaign by Depp, according to the New York Post. Depp, who split from partner of 12 years **Vanessa Paradis** earlier this year, reportedly wrote Heard a poem and sent roses every day during the month of September, eventually convincing her to visit him on his private island in the Bahamas.

Butler still carries a flame for Biel

Gerard Butler is happy for newlywed **Jessica Biel**, but that doesn't mean he doesn't wish things had gone better when he reportedly dated his "Playing for Keeps" co-star last year during her temporary split from **Justin Timberlake**, according to Radar Online. "Gerard doesn't have many regrets, but not treating Jessica with the respect she deserved while they dated is one of them," a source close to Butler says.

BECAUSE WE LOVE OUR READERS

A sneak peek from the 2012 Victoria's Secret Fashion Show

Jacquelyn Jablonski

▶ The 2012 Victoria's Secret Fashion Show, with Karlie Kloss as seen above, airs Dec. 4 on CBS.

▶ Doutzen Kroes

▶ Lindsay Ellingson

▶ Rihanna performed.

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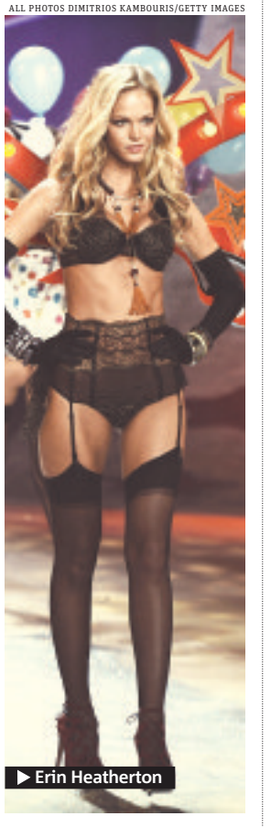

▶ Erin Heatherton

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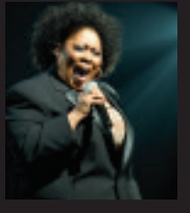

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TV watch list

'Bones'

DRAMA. What begins as a Brennan-mandated contest among the "squinterns" to identify remains becomes a reflection on 9/11 as a victim of the 2001 terrorist attack is finally identified. **8 p.m., Fox**

'Oliver Stone's Untold History of the United States'

DOCUMENTARY. In this 10-part docuseries, politically minded director Oliver Stone explores the stories history books have ignored that have nonetheless affected major events of the 20th century. **Miniseries premiere, 8 p.m., Showtime**

'Teen Mom 2'

REALITY. The girls' personal stories (and Us Magazine cover stories: sigh) continue as Season 3 picks up. **Season premiere, 10 p.m., MTV** AMBER RAY

FRANCOIS DUHAMEL

▶ Daniel Craig stars as James Bond in "Skyfall."

Bond bounds back to top of box office

Box office

The new James Bond movie "Skyfall" dominated movie box offices, with $87.8 million in ticket sales in its U.S. and Canadian debut over the weekend, for the biggest Bond opening ever, according to studio estimates released yesterday.

"Skyfall," starring Daniel Craig as the famous super-spy, finished ahead of last weekend's winner, family film "Wreck-It Ralph." The animated Walt Disney Co. movie about a video-game character grabbed $33.1 million from Friday through Sunday.

In third place, the Denzel Washington drama "Flight" earned $15.1 million. The film tells the story of an airline captain who saves his plane from crashing but is accused of drinking before the flight.

Sony Corp.'s movie studio released "Skyfall." "Flight" was distributed by Paramount Pictures, a unit of Viacom Inc. REUTERS

Top 5 films

1. **"Skyfall":** $87.8 million
2. **"Wreck-It Ralph":** $33.1 million
3. **"Flight":** $15.1 million
4. **"Argo":** $6.7 million
5. **"Taken 2":** $4 million

Sam Mendes: Stirred, not shaken

The 'Skyfall' director on bestowing an emotional journey upon James Bond and why we're not likely to see another Mendes-directed 007 flick 'It's been completely exhausting,' he says

Director Sam Mendes has been working on "Skyfall," the 23rd James Bond film, for quite some time, thanks in large part to parent studio MGM's financial woes that halted preproduction for nearly a year. So what did the Oscar-winning director learn during his extended tenure with the franchise?

MGM's bankruptcy issues were a blessing in disguise.

"We had a stroke of luck on this movie, ultimately, which was at the time one of the most frustrating things — which was the temporary bankruptcy of MGM — which for me was a bit of a nightmare because I'd really prepped the movie and was ready to go into full-scale pre-production, and we had to halt everything, if you remember, for something like nine months," Mendes explains. "But in that time we worked on the script. I knew every scene intimately, and we kept working. We had two weeks of rehearsals, which is a relatively new thing for the Bond franchise. We had a read-through of the script, and [series producer] Barbara [Broccoli] said to me, 'It's the first read-through we've ever had of a Bond movie!'"

Referencing classic Bond has to be handled carefully.

"I felt about the homage elements that you have to earn them. I think if you put them in at the wrong time, they're going to strike a false note," he says.

Before Daniel Craig, the franchise had made a few wrong turns.

"The thing about Bond for me, watching the old movies, is that there was a point around 'Moonraker' where it lost some of its thriller roots and went into a sort of action-adventure, almost travelogue type of feeling," Mendes says. "Bond, the character, became [what] tied it all together. It was like, 'How can we get Bond from Rio to Venice and from Venice to a cable car? Because these are the big sequences that we have to make work.' He almost from that moment on had no journey at all. I'm being unfair to some of the movies in between, but I felt like in 'Casino Royale,' Bond was back at the center of the movie. He actually had a journey, he had some emotional stake. So to try to find that kind of personal weight in the center of the movie was really important."

James Bond will return, but Sam Mendes probably won't.

"It's been a fantastic experience, but it's been completely exhausting," says Mendes, who adds that he completed work on the film on Oct. 9. "Do I want to do another one? I'm a shadow of my former self. [Laughs] No, I don't know. I felt like everything I wanted to do with a Bond movie, I put into this film. So I would have to be convinced that I could do something that I loved and cared about as much if I was to do it again. I think the great risk of repeating oneself is that one doesn't have the great store of ideas that you have when you first tackle a subject."

"I think if you put [the 007 homage elements] in at the wrong time, they're going to strike a false note." SAM MENDES

Judge and let die

Mendes says Ian Fleming's franchise hasn't always been the best, diversity-wise.

"How can I put this? Times have changed," he states with a grin. "If you read the beginning of 'Live and Let Die,' it's racially not entirely sound, I would say. The movie's also a little bit on the edge, but that's a different thing. I don't know, he was a product of his time."

METRO WORLD NEWS

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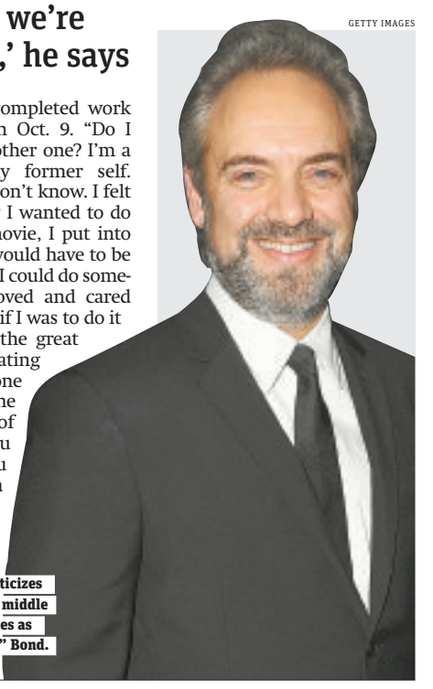

Mendes criticizes some of the middle 007 movies as "travelogue" Bond.

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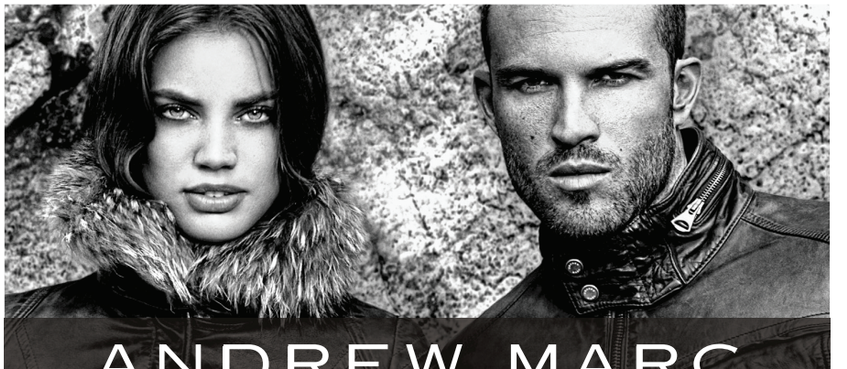

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'Love is harder than war'

▶ K'naan's "Country, God, or the Girl" is out now.

GETTY IMAGES

K'naan looks inward for his new album and finds that global conflicts can actually be easier to sing about than interpersonal relationships

K'naan arrived on the scene singing about struggle; his hit "Wavin' Flag" was a timely freedom anthem during the 2010 World Cup. But his new record, "Country, God, or the Girl," looks inward.

"I went to 22 countries in Africa, back to back, on tour," the Somalia-born artist says. "Seeing Africa to that degree freed me from having a narrow message in my music."

He says when a friend told him about working in refugee camps during the Rwandan genocide, it changed his perspective on global thinking.

"When people settled into the evening," he says, "nobody talked about the horrific tragedies that were happening. They were talking about their lost loves. And that hit me so deeply — how human beings are having the same conversations everywhere, even in times of war and famine. Their favorite songs are always love songs. And I wasn't speaking to them in the place that was most important to them."

The singer says he has come to a conclusion about approaching certain subject matter.

"Love is harder than war," he says.

The sound of "Country, God, or the Girl" is a blend of pop and African melodies, and tracks mostly focus on internal conflict, relationships and personal growth.

"To progress musically, I had to open myself up," he says.

Staying still for writing

K'naan says he doesn't write while he's on the road.

"I know that some artists that I'm friends with do that, but I just prefer there be distance between my being celebrated as an artist and my having something to share. Because ... being idolized on stage and then writing a song could be a little dangerous, I think. But when you are living, and nobody cares that you're walking around in the street, your girlfriend is giving you a hard time and [so is] your family, all of that, that's the context in which an artist writes. That's when I like to write."

Quoted

"To progress musically, I had to open myself up."
K'NAAN

K'naan is also joined by a wishlist of high profile special guests, including Bono, Keith Richards, Will.i.am, Nas and Nelly Furtado. But no matter who is joining him, he says it all comes down to one person: "I've had the chance to write about my experiences in a difficult and violent life. ... But when the suffering and the pain is something that comes from within me, it's harder to react and to write about that."

EVE HYMAN
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▶ High fives all around for Dan Deacon. Seriously, don't leave him hanging. So what if you'll feel silly if someone on the train sees you giving a high five to a guy in the paper, Dan Deacon deserves it!

SHAWN BRACKBILL

God bless 'America' and Dan Deacon

Dan Deacon doesn't want your money. At least, not if you live in New York. The Baltimore-based electronic artist whose music is a motivational rush of celebratory dance and electronic symphonies, will donate all profits from his two New York shows this week to Hurricane Sandy relief agencies Occupy Sandy and the Red Cross.

"I've got a lot of family and friends who live there," says Deacon. "I guess the main thing is that it feels weird to play a show when there's so much turmoil, especially as my show is about euphoria."

Although he wants to deliver that euphoria to an audience in need of joy, he also seems to realize they're in need of much more: "I felt conflicted taking money out of that environment. I'm overanalyzing it when I think about it like that. ... But I didn't want to postpone the shows — one was pretty much sold out. I just kept thinking, 'What the hell can I do?' And this makes the most sense."

Deacon grew up on Long Island and his latest album, "America," takes a long look at his homeland.

"The record is a dichotomy of how I feel about the country — a kind of mix of pride and shame," he says. "The musical aspect discusses my personal issues and what my role in the system is."

As we chat on Election Day, Deacon isn't looking to politicians or musicians to better his life or the world: "It's daunting if you think about every aspect of one's role," he says. "I try to address them one at a time, then great personal advances can be made. In my own life, I try to make day-to-day life more in line with my ideals."

LINDA LABAN
linda.laban@metro.us

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mywellbeing

Fight that Sunday morning hangover with spirituality

I recently had the pleasure of being interviewed by Oprah for the new season of "Super Soul Sunday," her Emmy-winning show that guides viewers through heightening their happiness while they're still in their Sunday PJs. The Daily Love's Mastin Kipp and Marie Forleo, the founder of the Rich, Happy & Hot B-School, accompanied me for a segment on next-generation thought-leaders, airing this coming Sunday at 11 a.m.

Sitting next to Oprah for this hour-long interview, I was able to understand the magnitude of her mission. I experienced firsthand how lit up she becomes when she's talking about spirituality and God. Oprah is on a mission to wake up the masses to their inner strength and power.

Throughout the segment, we talked about our own personal faith and the shifts in the world. These days there's no lack of chaos. We agreed that what the world needs now more than ever is time for sacred connections and heightened conversation. Oprah has created the space for these connections with "Super Soul Sunday." Each Sunday, people across the country gather to watch the show and engage in a social media frenzy of love.

You can create your own Super Soul Sunday by spending time in stillness. Taking time for stillness allows you to tap into your soul. Turn off your phone and linger just a little bit longer in your bed. Drink your morning tea and tune into yourself rather than jumping to the next task. Later, have some friends over to watch the episode and discuss it.

Let's face it: We all need more positive stuff to talk about at work. Thanks to your weekend soul time, you'll become the guru of the office by sharing what you've learned each Sunday morning — lessons and ideas that people of all faiths and backgrounds can appreciate and relate to.

It's time to commit to a new conversation. Gather your friends, pick out your best pajamas and throw a party this Sunday. Wake up with a positive attitude and let your inner guide lead the way.

*— **Gabrielle Bernstein** is the author of "Spirit Junkie."*

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

Zen in the city

GABRIELLE BERNSTEIN
WWW.GABBYB.TV

Gabby's tips

Why it's important to take your own Super Soul time on Sundays:

1. **You spend time with like-minded friends.** Oprah has been encouraging people to host "Super Soul Sunday" parties, and I love this concept. Rather than chow down a caloric brunch and gossip with your friends, you now have an opportunity to gather around an uplifting conversation. Get together with the folks who want to raise their thoughts and energy.

2. **You engage in a positive conversation.** When we engage with enlightening content, we're always uplifted. These days there's so much negative messaging that it's important to balance the negativity with authentically positive information.

3. **You have something positive to share at the water cooler on Monday.**

▶ "I wanted to use television to drop little pieces of light into our consciousness," says Winfrey, pictured here with Bernstein. "'Super Soul Sunday' is the beginning of the fulfillment of that dream." Check out Gabby on this Sunday's episode of "Super Soul Sunday," at 11 a.m. on OWN: The Oprah Winfrey Network.

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Yoga pose of the week

Janu Sirsasana (head-to-knee pose)

1 **Sit tall with both legs straight out in front of you.** Fold your right knee back so the right foot is on the inside of the upper left thigh and the knee is open to the side.

2 **Lift up out of your lower back and then fold forward over the straight left leg.** Think of twisting your waist toward the left as you fold.

3 **Hold for five to eight breaths, come up to sit, straighten out the leg and then repeat on the other side.**

— Kristin McGee is a celebrity yoga & Pilates instructor. Visit her website at www.kristinmcgee.com.

This is a great stretch for the lower back and waist.

Do this: Yoga for Sandy victims

- One hundred percent of proceeds from Thursday's "OM to Heal our hOMe" — yoga classes taught by pros like Elena Brower and Schuyler Grant — will go to the Mayor's Fund to Advance New York - Hurricane Sandy relief.
- There will be two classes in the evening at Sky Light West (500 W. 36th St.); visit **www.eventbrite.com/event/4780962989** for details.

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Talk it out, bro

Guys: You may not be chomping at the bit to book an appointment with a therapist, but here's why it can help you lead a happier, healthier life

Q&A

Do men and women have different problems?

"Often the problems are similar," says Ross. "But the expectation of a man in our culture is different. Men are like, 'Me? Have a need? I don't need.' If women are free-flowing streams, men are a stream that's not only dammed, but also underground and covered in layers of dirt. Men need to say, 'I have needs.' What we do in our groups is help men express their feelings and be who they are and get support from other men."

When it comes to men's mental health, there's a fundamental difference between the sexes. Women tend, generally, to look to support from partners, or they seek support from a network of girlfriends or family. Failing that, they often seek professional counselors. But either way, they express emotions and talk through a problem. Men often don't want to talk about their feelings, and may even deny having problems, emotional or otherwise.

"Guys," says holistic life coach and counselor Ken Ross, a certified professional coach who leads men's groups (www.tendingthefire.net), "traditionally, we tend to be islands. When it comes to men confiding in men, it doesn't usually happen. Men are actually more likely to confide in a woman. It's all because we're so competitive in nature. You don't show your cards — it's not safe."

This basic survival of the fittest wiring goes back to the cavemen. Appearing strong and problem-free meant other males were less likely to challenge or attack. It might have worked for our ancestors, but in today's complex social environment, bottling up or ignoring troubled emotions is like adding fuel to the fire.

COMSTOCK

▶ Your feelings aren't a weakness, Ross says.

"There's a lot of depression that's not acknowledged and not expressed," Ross says. "Men feel ashamed of it. They feel like it's weakness, and men get eaten up alive by it. There's a lot of stress derived from holding it in so much, and physical health suffers too."

Ross stresses that opening up to someone isn't the weak route, and that taking care of your mental health is paramount to a fulfilling life.

"It's old wiring that doesn't suit us in the 21st century," he says. "What is thought of as strength and what is realness, we have it backward. Vulnerability is human, and that's true strength. It takes courage to be open and the more open you are, the more fully alive you are."

LINDA CLARKE
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How to bounce back from a surprise layoff

No matter how many stories you hear about downsizing and layoffs, you're never quite prepared when you're the one losing a job. There's nothing wrong with being shaken and shocked by the initial blow — it's all about how you get back on your feet that will make the difference in your career's trajectory.

Before you start feverishly editing your résumé and obsessing over job sites, take some time to process what happened. Ricky Cohen, author of "Risk to Succeed," suggests taking three weeks before making any big moves. "During the first week a person should mourn his or her loss," explains Cohen. "The second week should be dedicated to an objective evaluation of where he stands, the lessons learned and the future opportunities. The third week should be one where a plan is developed with the components to ensure the greatest possibility of success."

During this time of reflection, it's a good idea to think about what excites you. If you're going to redirect the path of your career, now is a great time to do so. "Ask yourself what you really want to do," says Josh Tolan, CEO of Spark Hire. "Have you just stayed at your job because it was a steady paycheck or because you really loved what you were doing day in and day out? If you were unhappy even before the pink slip, use this as an opportunity to refocus your energies."

CREATAS

▶ This hurts — but if you didn't actually love the job, now is a good time to do some thinking.

Quoted

"Ask yourself what you really want to do. If you were unhappy even before the pink slip, use this as an opportunity to refocus your energies."
JOSH TOLAN

When the time comes for you to start applying for a new position, try to remain positive. "Attitude is everything during the job search," says Amit De, CEO and co-founder of Careerleaf. "An unexpected layoff is certain to start a job search off in a less-than-positive direction. As a job seeker, it's important to remain positive, confident and prepared."

JULIA WEST
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Letters

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Dems selective over which rich people they hate

Just curious why Democrats vilify rich people?? Unless of course it is Mayor Bloomberg (billionaire), Bruce Springsteen, David Letterman, Bill Maher and even the Obamas. The media and the Democrats portrayed Mitt Romney as an evil millionaire even though he worked to get it. Yes — he worked using his brains and within the bounds of the tax code, etc.

JOHN ARSLAIAN, VIA E-MAIL

Trump could be a force for good

RE: "S— MY REAL ESTATE DEVELOPER SAYS" (METRO, NOV. 8) Who cares about Donald Trump? I do, many people do. Don't silence him, we want more. Not only is it very interesting and entertaining, some of it I agree with. Heck, maybe he should run for president. Why not?

TREVOR KELSCH, VIA E-MAIL

When Donald Trump believed that Mitt Romney had won the popular vote and lost the electoral vote he called for a revolution and stated that our system is not democratic. The sincere nature of his rant would be strengthened if he showed us his call for a revolution when Al Gore actually won the popular vote and George Bush won the electoral vote and became president. I would be satisfied if he showed us how he questioned President Bush's election. If he wants to eliminate the electoral college Trump should use his access to the media and his wealth during the next four years to that end and stop calling for the president's birth certificate and college transcripts.

MARK OROMANER, VIA E-MAIL

GOP's only got half its platform right

The main problem I have with the Republican party is that they run on a platform of smaller government, yet want to intrude more into people's lives regarding moral issues. I would probably be a Republican if this were not the case, I just can't understand the hypocrisy that they want to stay out of my wallet and at the same time dictate who I can love and what I can do with my body. Open your eyes; it's not 1952, times have changed. Darwin said: "It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is the most adaptable to change." Oh wait, I forgot you don't believe in evolution.

ELIZABETH ERLANDSON, VIA E-MAIL

Equal rights for interview subjects

RE: "THE LIFE OF A BOND GIRL" (METRO, NOV. 9-11) I was thoroughly unimpressed with Metro's interview with Berenice Marlohe. The questions you asked were superficial at best. Why not ask about something besides the woman's appearance, nude scenes, weight and kissing scenes?

There's more to actresses and women than what they look like and it's about time for media outlets to step up their game and treat women as human beings, not as decoration.

YANA KACHALOVA, VIA E-MAIL

E-mail your letters: letters@metro.us

Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♏ Scorpio **Oct. 24-Nov. 22.** Those with whom you have dealings will immediately sense that you're not apt to be making idle promises. Your mind will be focused on making good on your commitment.

♐ Sagittarius **Nov. 23-Dec. 21.** Your financial prospects look to be quite promising. It's possible that you might receive some extra gains through your own efforts and an arrangement set up by another.

♑ Capricorn **Dec. 22-Jan. 19.** Taking a situation at face value is not likely to be one of your weak points. In fact, you're more likely to be interested in what's behind a facade than what is in front of it.

♒ Aquarius **Jan. 20-Feb. 19.** Although you're in a good achievement cycle right now, you still might not get everything you pursue on your first try. If you should fall short of your mark, simply regroup.

♓ Pisces **Feb. 20-March 20.** Should a bright idea flash through your mind regarding how you can constructively revitalize a flagging relationship, try it. Chances are it'll work.

♈ Aries **March 21-April 19.** Because you are so easily motivated, your possibilities for achieving your goals are better than usual. You'll know what you want, and you'll know how to get it.

♉ Taurus **April 20-May 20.** Your situation might dictate needing to concentrate strictly on the immediate, but it wouldn't hurt to look ahead a bit as well. Plan now for the future.

♊ Gemini **May 21-June 20.** If there is something that you feel can be changed for the better, don't suffer in silence. Instead of waiting for others, make the adjustments yourself.

♋ Cancer **June 21-July 22.** Difficult decisions won't be resolved by ignoring or sidestepping them. Look these problems straight in the eye and take whatever steps necessary to remedy them.

♌ Leo **July 23-Aug. 22.** Even if you get a few additional responsibilities dumped in your lap, you'll be able to handle them. In fact, getting successful results will give you a sense of pride.

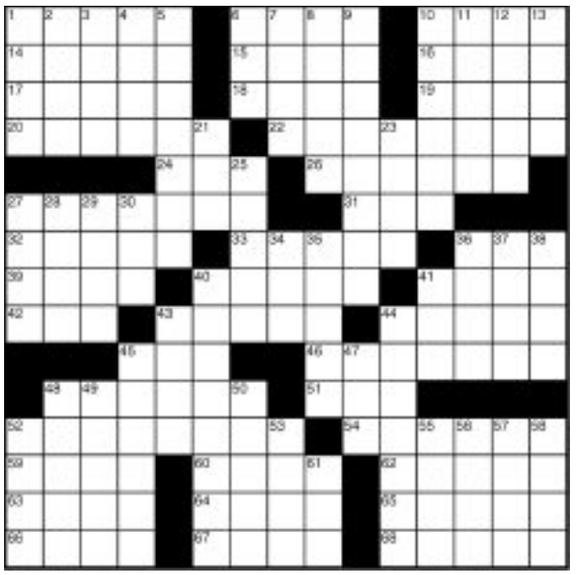
♍ Virgo **Aug. 23-Sept. 22.** Your managerial skills are functioning at all levels. Associates will find you to be quite compatible and easy to get along with, yet you can be quite serious and dedicated when necessary.

♎ Libra **Sept. 23-Oct. 23.** Although this could be a rather hectic day, you should still be able to find the time to conclude several matters that need to be completed. They may all be interrelated, which could help.

BERNICE BEDE OSOL

Across
1 Scale a peak
6 And others (abbr.)
10 Artificial fly
14 Foe
15 Lounge
16 From square one
17 Iowa commune
18 Baseball family name
19 Linger
20 Hopeless cases
22 Flowering trees
24 Just barely win
26 Full of difficulties
27 Popular cuisine
31 Emergency signal
32 Not smooth
33 Turn — — ear
36 Store-bought hair
39 Culture dish goo
40 Detective's clue
41 Wave away
42 Guys
43 Artillery volley
44 Watchdog breed
45 Loan abbr.
46 Frog's perch (2 wds.)
48 Hair ointment
51 Kind of story
52 Playground game (2 wds.)
54 Honey source
59 Europe-Asia range
60 Bookish type
62 Dry white wine
63 Big name in tennis
64 Hoover Dam lake
65 Oasis abodes
66 Close
67 Punta del —
68 Look forward to

Down
1 Jagged rock
2 Airport vehicle
3 A Karamazov
4 Currycomb target
5 Kissable stone
6 NASA rival
7 Notified
8 In progress
9 Scorns (2 wds.)
10 Herculean tasks
11 Merger
12 "Delta Dawn" singer
13 Bleaters
21 Fam. member
23 Polite bark
25 Lustrous gem
27 Bisque bit
28 Colossal
29 High-fashion model
30 "Car Talk" network
34 Math abbr.
35 Organic compounds
36 Senate leader
37 Jot
38 Incite
40 So sorry! (2 wds.)
41 Cloud backdrop
43 Bandy words
44 Montana neighbor
45 More plentiful
47 Play by Euripides
48 Handbag
49 Boys Town site
50 "En garde" weapons
52 San — Capistrano
53 Q.E.D. part
55 Gnaw
56 Turner of song
57 Not pro
58 Take a snooze
61 JFK followed him



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	5			6				

SUDOKU **LEVEL: EASY**

8			6		9	1		
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			2				9	
		9				6	3	1
6	1	2				7		
	6				4			
				5	1	9	6	3
		5	9		3			8

SUDOKU **LEVEL: HARD**

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Solution to weekend's crossword

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31
BENGALS (4-5)

13
GIANTS (6-4)

SWOON STARTING

Giants look listless in blowout loss to Bengals ◗ Now come questions about annual second-half decline ◗ Manning, Coughlin staying confident

ANDY LYONS/GETTY IMAGES

▶ Eli Manning hasn't thrown a touchdown pass since the 77-yard game-winner to Victor Cruz at the end of the Giants' win over the Redskins.

Head coach Tom Coughlin didn't want to answer any questions about the Giants' annual second-half slump in the week leading up to yesterday's Bengals game.

He had no choice after an ugly, 31-13, loss.

"We have a good team. We've done things well," Coughlin said in defense of his team's second straight loss and third straight offensive dud. "We have to snap out of whatever is going on here."

The good news is they will have a week to do it. The Giants played 10 games before this week's bye — a long wait for a veteran team.

Cornerback Corey Webster, part of a secondary that was repeatedly exploited by Andy Dalton, called yesterday's performance "embarrassing."

Maybe most startling is the performance of their captain and team leader Eli Manning. When the the games get tough, it's Manning who has traditionally stepped forward to pull the Giants out of a hole. Instead, he went without a touchdown for his third straight game and had two indefensible interceptions.

"I'm not worried," Manning said. "Over the years, we've gone through stretches where we haven't played our best football and we've been able to bounce out of that, and that's what's going on right now."

Younger players on the team weren't so confident. Victor Cruz sounded outright lost after a 26-yard performance.

"I don't know how to explain it," Cruz said. "I don't know what's going on. I don't know what's wrong."

MARK OSBORNE
mark.osborne@metro.us

What went wrong ...

1 Something about Eli — Eli Manning's velocity hasn't looked right in over a month — and while he won't admit anything is wrong, something obviously is. There is no other way to explain his five-game slide in efficiency. Manning hasn't thrown a TD in three games and threw two inexplicable interceptions.

2 No rush — Not since the Giants' 200-yard game against the Browns over a month ago has the running game truly clicked. And Sunday wasn't any different, as they totaled only 17 attempts for 129 yards.

3 Mr. Prophetic — A.J. Green said prior to the game the Giants secondary had "holes" in it and were capable of allowing big plays. The Pro Bowler backed up his words with seven catches, 85 yards and a TD.

METRO/TW

.415
Winning percentage (27-38) in the second half of seasons for the Giants since Tom Coughlin took over as coach. Their first-half winning percentage is .734 (47-17).

In the news

NHL talks

The NHL and its players' association met only briefly yesterday in what was the fourth straight day of talks.

The meeting in New York reportedly lasted less than an hour, a bad sign for getting the substantial issues of the ongoing lockout solved.

The issue of a "make whole" provision came up this weekend where owners would honor existing contracts. Owners say they can't afford to pay those deals.

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SIMPLY GOLDEN

Jets lose, 28-7, as playoff dreams likely go down drain ◗ Seattle wideout Golden Tate catches TD, throws one too ◗ Sanchez puts up another dud

The Jets' season might be done after a 28-7 loss in Seattle on Sunday dropped them to 3-6.

The Jets were dominated on the line of scrimmage and let a rookie quarterback look like a poised veteran in the pocket. Three turnovers were killer, as was Seattle's 35:23 in time of possession.

Metro takes a look at what else went wrong for New York in the Pacific Northwest:

1 Opening drive blues — After the Jets audaciously went for it — and failed — on 4th-and-1 on their opening drive, it took the Seahawks just three plays to cover 59 yards for the game's opening score. Seattle quarterback Russell Wilson completed both his attempts on the drive, including a well-placed pass to Golden Tate for a 38-yard touchdown reception. Seattle targeted cornerback Kyle Wilson on both completions of the drive as they looked to exploit his erratic performances this season.

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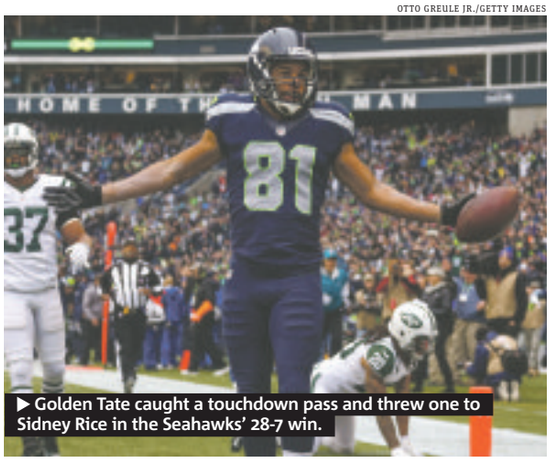

▶ Golden Tate caught a touchdown pass and threw one to Sidney Rice in the Seahawks' 28-7 win.

2 Sanchez slipping — The bye week didn't do much for the Jets' beleaguered quarterback Mark Sanchez, who came into Week 10 with only two games this season where he had a completion percentage over 50 percent.

Sanchez looked rattled and constantly threw into double coverage. He finished 9-of-22 for 124 yards and an interception. He was also sacked three times.

3 Tebow time? — After another disappointing afternoon by Sanchez, the focus is more squarely on Tim Tebow, who might be making a case to start. Tebow saw his most extensive time on offense since joining the Jets. He completed all three pass attempts and ran the ball for 14 yards on four carries, including a third-down conversion.

KRISTIAN DYER
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Namath calls for changes

The man known as "Broadway Joe" was the iconic quarterback of his generation and in many ways remains a bigger persona than the Jets team he led for 12 years.

After their loss in Seattle on Sunday, Joe Namath said this current incarnation isn't built to win.

"It's hard to put the owner on the hot seat," Namath told Metro. "The next step down — I don't know who that is, there might be some people we don't know about — but the general manager is the guy in charge of getting talent as well. At this point, I don't see any outstanding talent other than the guys on the injury list.

"Whenever you're getting desperate you're reaching for a lot of different ways to get it done. I'm not surprised people want a change of pace. If you don't get results, maybe you should try something different," Namath said. ● METRO/KD

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NFL Week 10: Falcons lose, Ravens run it up

Points were in abundant supply in Week 10, as nine teams scored at least 30 points. Not included in that group were the Falcons, who lost for the first time this season.

Metro takes a look around the league:

Saints 31, Falcons 27
A trip to the Superdome was too much for the 9-0 Falcons to withstand.

Matt Ryan threw for 411 yards and three scores, but the Saints stopped him at the 2-yard line with under two minutes to play to preserve their fourth win.

Patriots 37, Bills 31
The Patriots were outgained on the ground and through the air, but an interception in the end zone by Rutgers alum Devin McCourty with 23 seconds left preserved the win for New England.

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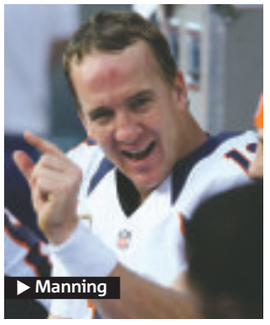

▶ Manning

The Patriots are now 11-0 at Gillette Stadium against their AFC East rivals since 2002.

Ravens 55, Raiders 20
Baltimore head coach John Harbaugh didn't make any friends in the Bay Area by scoring a touchdown on a fake field goal up by 24 in the fourth quarter, but nonetheless it was a dominant performance by the Ravens.

Joe Flacco threw for 341 yards and three touchdowns in the win.

Broncos 36, Panthers 14
Peyton Manning strengthened his MVP credentials with a blowout win over Cam Newton and the Panthers.

The win also earned Broncos head coach John Fox some revenge against the team that fired him.

Manning threw for 301 yards, while Trindon Holliday had a 76-yard punt return touchdown.

MARK OSBORNE
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Brooklyn wins second straight over Orlando

NATHANIEL S. BUTLER/NBAE/GETTY IMAGES

▶ Deron Williams approached a triple-double with 17 points, seven assists and seven rebounds.

Orlando apparently didn't take much from their 39-point drubbing at the hands of Brooklyn.

The Magic traveled north for the second half of a home-and-home, but didn't fare much better. The Nets won their second straight, 82-74, yesterday afternoon at the Barclays Center. The game wasn't as close as the final score indicated, with the Nets running out to a 20-point lead before holding on late.

Power forward Kris Humphries had his best game of the season with 14 points and 21 rebounds.

It was the defensive effort that got the job done in an ugly matinee, The Magic were 1-of-12 from 3-point range and shot just 36 percent from the field overall.

Brook Lopez led all scorers with 20 points, but had just three boards. METRO

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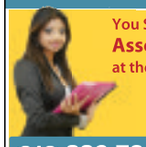

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Own the award-winning holiday classic *Yes, Virginia* on DVD for 9.99 and the illustrated storybook for 16.99, and Macy's will donate 10% of the purchase price of each to Make-A-Wish®. Also shown: Plush doll. 19.99. Ornaments. 6.99 each. Believe stocking. 9.99.

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